

How to pick the most suitable ESA according to your lifestyle?

Emotional support animals are very important when it comes to curing certain mental illnesses. Studies have shown that individuals who seek ESA as a remedial therapy for their psychological complications, observe speedy recovery as compared to conventional treatments. Having an emotional animal as their companion with the need to be taken care of, keeps these individuals mentally active and focused. It means every individual can get an ESA depending upon a certain lifestyle.

[realesaletter](#) is a trusted brand that provides reliable emotional support animal (ESA) letters to individuals in the USA. As a company, we understand the importance of having an ESA to support mental health and well-being. We take pride in offering professional and affordable services that ensure our clients receive the ESA letters they need to live a happier and healthier life.

Choosing the right ESA can be a challenging task, but it doesn't have to be. At [real esa letter](#), we provide guidance on how to pick the most suitable ESA according to your lifestyle. We understand that everyone's needs are different, which is why we offer personalized advice that takes into account your living situation, personality, and emotional needs. Our team of licensed professionals will work with you to ensure that you find the perfect ESA that will provide the emotional support you need to thrive.

We are proud to serve clients throughout the USA and are committed to providing exceptional customer service. Our team of professionals is available to answer any questions you may have and provide support throughout the entire process. When you choose Realesaletter, you can be confident that you are working with a reputable company that is dedicated to your well-being.

In conclusion, if you're looking for a reliable brand that offers personalized guidance on how to pick the most suitable ESA according to your lifestyle, look no further than Realesaletter. We are committed to providing exceptional services that meet the unique needs of our clients throughout the USA. Contact us today to learn more about how we can help you live a happier and healthier life with an emotional support animal.

A person living in a city or small apartment can get a smaller breed of an **ESA dog** or preferably a cat. While a person living on farmland or farmhouse can get Tibetan Mastiff as it requires considerably more space. Such an animal can also work as a guard dog and ESA at the same time. It means you can decide multiple types of ESAs as per your ease, ultimately achieving emotional support that you are unable to get from anywhere else.

If you are thinking of getting an ESA then you should know that the most legal way is to first get an **ESA letter** from a licensed psychiatrist. Once you initiate and get your ESA request approved, you can bring your animal home and have him under your care 24/7. However, an important thing to keep in mind regarding ESA is that availing of this facility comes with great responsibility. You become responsible for the health and care of the animal under your guardianship.

Therefore, ensuring that you are capable of keeping the animal safe and healthy is also critical. But on the plus side, ESA can be of great help in lowering anxiety and depression levels. ESA helps you to pull yourself back to reality and elevate your interest in their daily routines.

Out of preferred ESA, dogs without a doubt are the most famous animals adopted by people. It means dogs are the most popular form of ESAs. Especially, the species of hypoallergenic dogs are mostly preferred since they do not spread any allergens. Choosing the species of dog that fully suits your personality and lifestyle is very important.

Dogs who are smaller, pliant, and well-behaved go well with all types of people belonging to different age groups. In the following section, we have narrowed down some suitable dog breeds from which you can choose depending upon your needs.

1. **Shih Tzu**

This dog type is popular among seniors since they are affectionate and humble dogs. They have small but sturdy bodies. They can go on long walks but get easily worn out. Since they shed less hair, it is easy to brush their fur and keep them clear. However, one important thing is that individuals with hypoallergenic species of the dog must be careful. Less shedding means that bacteria can easily accumulate on the skin and fur of these dogs. Using house remedies such as CBG and CBD oils can be convenient. But there is a never-ending debate on the effectiveness of CBG vs CBD. Studies have shown that CBG has more effective and long-term results compared to CBD.

2. **Poodle**

These tiny and adorable dogs are highly famous as ESA among youngsters. Their small size combined with their affectionate personality followed by low shedding makes these dogs a perfect companion to take them anywhere you want. They are clever yet cheerful animals that can prove to be an effective remedy for individuals fighting mental illnesses.

3. **Chihuahua**

Aligning with poodles in their cheerful and lively nature, Chihuahuas are also an excellent companion for married men. They keep their owners on the move with their hyper and over-excited nature. It may be difficult to tame them but for people who are depressed, Chihuahuas are the most preferred companion. A person can enjoy a healthy lifestyle by taking Chihuahua dogs however you need to make sure to acquire an **ESA letter for housing** to legally become an owner.

4. **Boston Terrier**

Boston Terrier is also one of the preferred companions as ESA for people of all ages. These dogs are well-mannered, easy to tame, and relaxed. They can act stubborn at times so must be controlled with strictness. Since they also require less grooming, it can help save seniors a lot of their energy and hard work.

5. **Maltese**

Maltese are gentle yet overly affectionate dog species. Despite their small bodies, they are highly adventurous and active. As an ESA, they will always keep their owner on the move. Since they are mostly white in color, their fur gets spoiled easily which needs to be regularly clean and maintained. They also shed fewer hairs which adds to the qualities of Maltese as an ESA to keep in houses.

Along with these five highlighted species, many more preferred species can serve as excellent ESA for people needing emotional support. It is all a matter of personal choice and needs which individuals must keep in focus before choosing their emotional support animal.

Apart from physical changes in dogs they also tend to develop behavioral or psychological signs too. The behavior change is caused by canine cognitive dysfunction syndrome or CCDS. According to the National Center for Biotechnology Information dogs over eight years tend to develop dementia that is similar to Alzheimer's in human beings. The aging symptoms or patterns in dogs cannot be stopped however they can be slowed with the use of a high nutrients diet.